

IR Book Reflection Assignment

By now, you should have completed your IR book for Unit 03. You should have annotated the book with sticky notes as you were reading.

In your Reader's Notebook, please respond to the following in writing. Your response should be at least one page in length. You may use your book and your annotations to complete this writing task.

The focus of your IR book was self-improvement. If you had to select one piece of advice or one self-improvement theory from your book to share with others your age, which piece of advice or self-improvement theory would you choose? Why did you choose that specific piece of advice or self-improvement theory? Be sure and include supporting quotes from your book.